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The authors describe rTMS as having been shown to be "effective for treating major depression", yet on closer inspection their own references state that previous findings could have been confounded by blinding and sham issues[5], that benefit from rTMS does not appear to lead to sustained improvement[5], and that no reliable outcome predictors have been found amongst the jungle of small, heterogeneous positive results[6]. Bizarrely, one meta-analysis that was referenced found that rTMS worked far *worse* with an antidepressant than it did alone[7].

It is this kind of uncertainty that has led NICE to assert that rTMS should still only be used in research settings[8]. The relevant Cochrane review (albeit in 2001) was inconclusive[9]. The treatment, in Britain at least, remains rare.

As always, we need more evidence.

References

1. World Health Organisation Depression Fact Sheet (2012)

2. Trivedi MH, Rush AJ, Wisniewski SR, et al; STAR*D Study Team. Evaluation of outcomes with citalopram for depression using measurement-based care in STAR*D: ...ractice. *Am J Psyc... [PubMed Abstract]

SO, $CAMH CEO Catherine Zahn.... How come what's SHIT in the UK in a BLOG founded by Andre Tomlin of the Oxford Centre for EVIDENCE-BASED MENTAL HEALTH is TOUTED as THE CURE in TORONTO?

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